

Molybdenum

Molybdenum (moh-lib-den-uhm)

Tested in: Urine and Water

Reported in: Water Only

Learn how you can protect yourself and your family.



Is there an unsafe level of molybdenum in water?

The EPA says that there may be too much molybdenum when levels are higher than 0.08 mg/L for a short-term exposure or 0.04 mg/L for a lifetime exposure. Check your laboratory test report to see your personalized results.



Is it possible to remove molybdenum from drinking water?

Yes, you may be able to reduce the amount of chemicals in your water. First, it is important to find out how chemicals may be getting into your water. We recommend that you contact your county's environmental health department or a well specialist. They may want to test your water for bacteria or nitrate or look at your well for any damage. Testing for bacteria or nitrate may be available for free through your county.

You may also be able to install an in-home treatment system to reduce chemicals in the water you drink. Not all treatment systems remove all chemicals. Talk to a water treatment specialist to determine the best options for the chemical(s) that may have been found in your water tests.



Will exposure to molybdenum harm my health?

Exposure to molybdenum may harm your

- reproductive system
- respiratory system



Are there other ways I could limit my exposure to molybdenum?

- Follow all safety precautions if you work with molybdenum.
- A diet that includes daily recommended amounts of copper will help prevent harmful effects from too much molybdenum. The daily recommended amounts of copper vary based on age and sex.

What is molybdenum?

Molybdenum is a mineral found in rocks and soil. It is common in surface water (ponds, lakes, streams, and rivers) and groundwater (the underground water that private wells tap into). It is also in some foods, such as grains, beans, leafy greens, and oats. Molybdenum is an essential mineral in our diet. The daily recommended amounts of molybdenum vary based on age and sex.

Molybdenum is used to make some products, including metal alloys, biofuels, solar panels, catalysts, lubricants, pigments, and some agricultural fertilizers. People working or living near industries that use molybdenum are most likely to be exposed.

Where can I find more information?

- https://www.cdc.gov/biomonitoring/Molybdenum_BiomonitoringSummary.html
- <https://www.cdc.gov/TSP/substances/SubstanceAZ.aspx>